

Health Risks Associated with Obesity

**Adapted from the Weigh to Live Program
Darnall Army Community Hospital
Fort Hood, Texas**

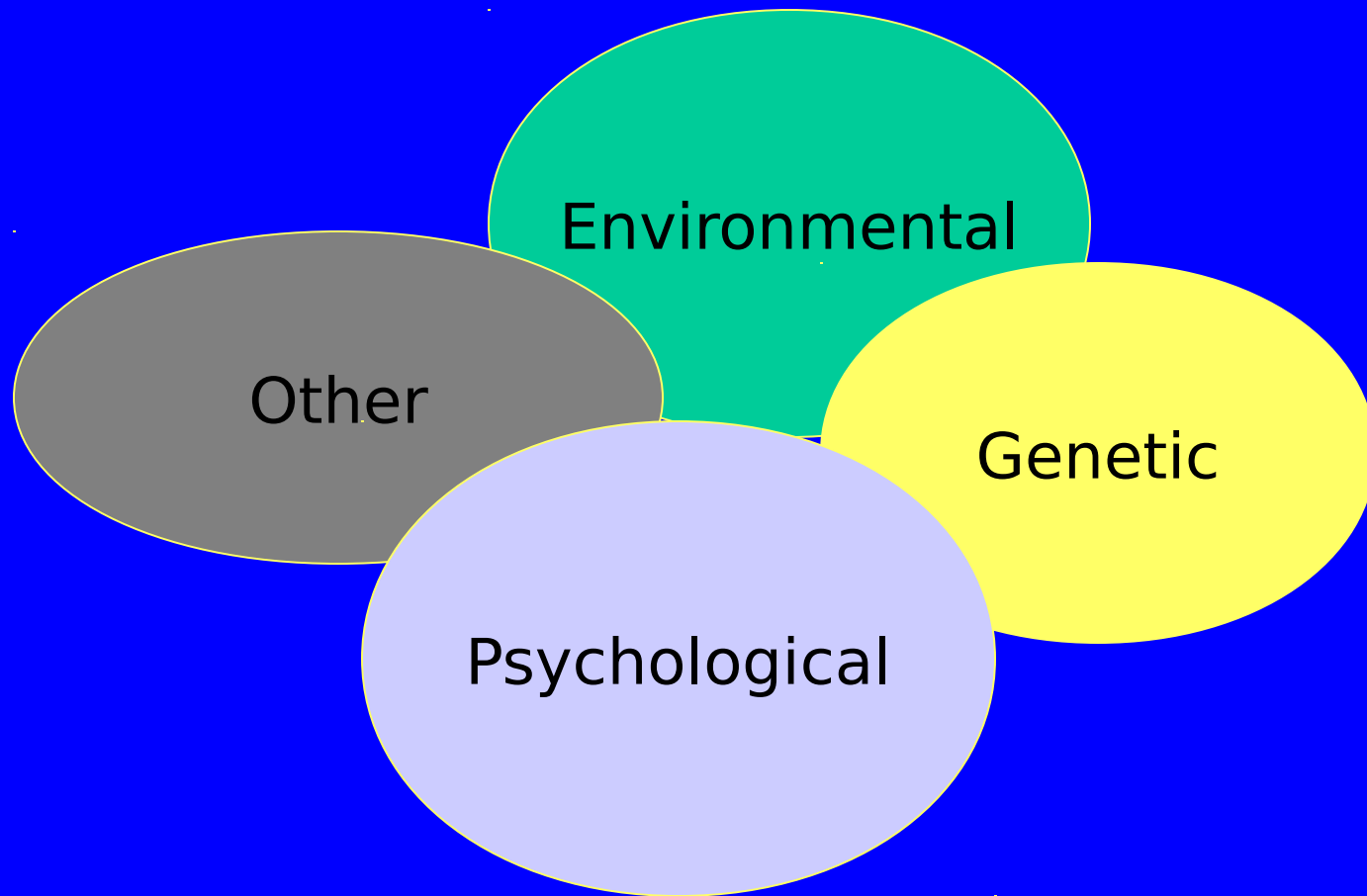
Goals of Weight Management Program

- Improve chances for long-term weight loss with lifestyle changes
- Provide a framework that addresses:
 - nutrition
 - physical activity
 - stress management
 - behavioral changes
 - medical issues
 - follow-up care

Objectives


- Make informed choice about weight loss
- Understand the health risks associated with obesity.

Contributing Causes of Obesity



Health Risks of Overweight

- Heart, Lung, & Blood
 - Hypertension
 - High cholesterol
 - Stroke
 - Heart failure
 - Pulmonary problems
 - Obstructive sleep apnea
- Hormonal
 - Diabetes mellitus
 - Reproductive problems
- Others
 - Osteoarthritis
 - Cancer
 - Gallbladder disease
 - Psychiatric/emotional problems



Do you know
your risk
factors?

Health Assessment

- BMI (Body Mass Index)
- Blood Pressure
- Lipids (cholesterol, triglycerides, LDL, HDL, cholesterol/HDL ratio)
- Fasting Glucose
- Waist Measurement
- Body Fat Percentage



Why?

Body Mass Index (BMI)

- $\text{BMI} = \text{weight in kg} / (\text{height in meters})^2$
- Underweight is less than 18.5
- Healthy weight is 18.5 - 24.9
- Overweight is 25 - 29.9
- Obese is 30 - 39.9
- Morbid Obesity is greater than 40

Blood Pressure

- Normal $<120/80$, preferably $<115/75$
- Prehypertensive
 - Top number is 120-139 or
 - Bottom number is 80-89
- Hypertension
 - Top number > 140 or
 - Bottom number > 90



- Hypertension is risk factor for:
 - Stroke
 - Damage to eyes and kidneys
 - Congestive Heart Failure
 - Coronary Heart Disease

Weight loss and exercise
reduces blood pressure

Lipids: Recommended Levels



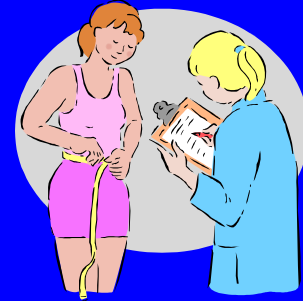
Cholesterol	Less than 200
Triglycerides	Less than 150
HDL (good)	➤ 40 (men) ➤ 50 (women)
LDL (bad)	Less than 70 to < 160
Chol/HDL Ratio	Less than 5.0

Fasting Glucose

- < 70 = Hypoglycemia
- 70-100 = Desirable
- 101-125 = Pre-diabetes
- >126 = Diabetes
- **Metabolic Syndrome** if 3 or more:
 - Waist measurement
 - Women > 35 inches
 - Men > 40 inches
 - HDL
 - Women < 50
 - Men < 40
 - Triglycerides > 150
 - Glucose > 110
 - Blood Pressure $>130/>85$

Overweight persons are
2 times more
likely to get
Diabetes Mellitus Type II

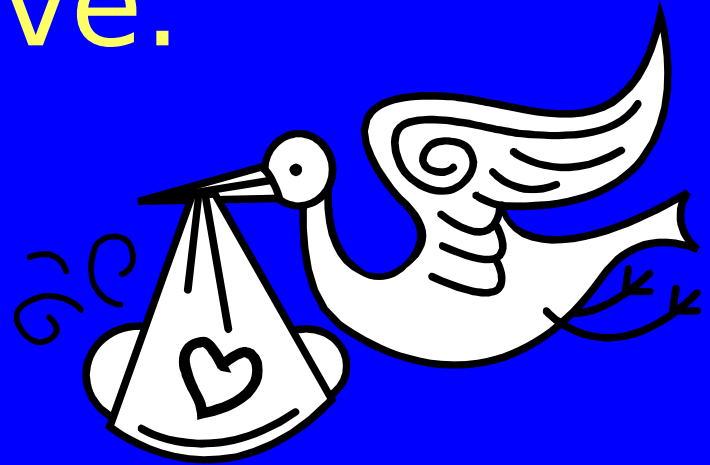
Body Fat Percentage



- A high weight in someone who has high activity rate may reflect more muscle and less fat.
- Muscle weighs twice as much as fat and takes up less space.
- Waist measurement goes down as body fat percentage decreases.
- Track inches more than pounds for healthy weight loss.

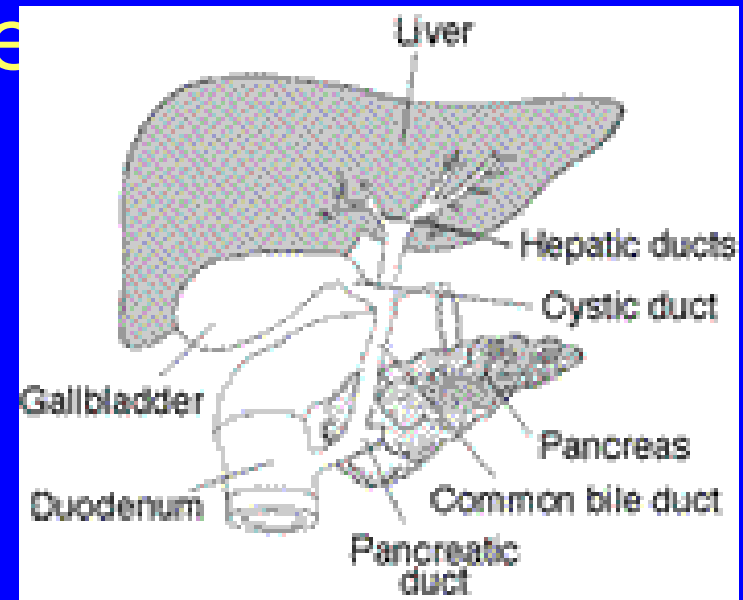
Loss of Weight May Relieve:

- Reproductive Problems
 - Hormone dysregulation
 - Infertility
 - Menstrual irregularities
- Osteoarthritis
 - Joint disease due to increased pressure on joints, cartilage destroyed
 - Affects knees, hips & lower back



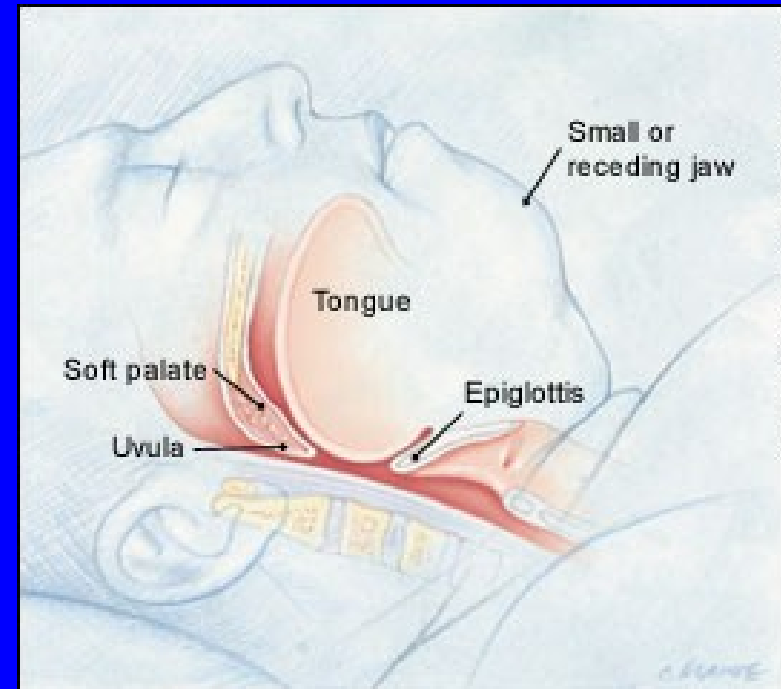
Gallbladder Disease & Weight

- Risk of getting gallstones increases with higher weight
- Rapid weight loss can *cause* stones
- Slow weight loss is be



Obstructive Sleep Apnea (OSA)

- Occurs when a person stops breathing during sleep
- Symptoms - Loud snoring, disrupted sleep, excessive daytime sleepiness
- OSA linked to heart arrhythmias, angina, HTN, stroke, and motor vehicle crashes.
- Increased pressure on airway from excess skin/fat
 - Weight loss helps relieve OSA



Cancer

- Obesity increases the risk of cancers of the breast (postmenopausal), endometrium (the lining of the uterus), colon, kidney, and esophagus.
- Avoiding weight gain can lower the risk of cancers of the breast (postmenopausal), endometrium, colon, kidney, and esophagus
- Regular physical activity lowers the risk of colon and breast cancers.
- Intentional weight loss to a healthy weight may reduce risks to those of a woman who was never obese.

Small steps lead to big results

- Losing as little as 5% of your total body weight can start to lower the risks associated with obesity.
- For every one point (5-7 pounds) decrease in your BMI, you can decrease your risk of heart failure by 50%-70%

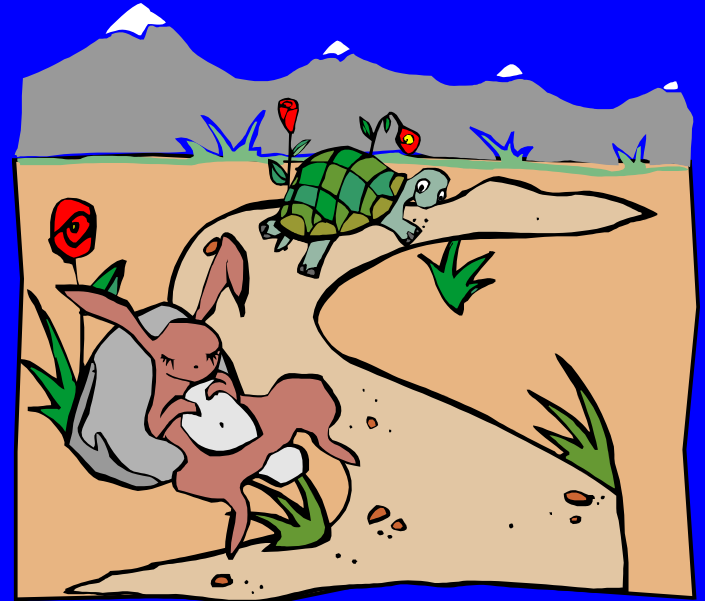


This Program will help you lose weight by:

- Promoting Lifestyle Changes
 - Learning more about **Nutrition**
 - Portions and timing
 - Nutritional content of foods
 - Fitting in more **Physical Activity**
 - Intentional and in Daily Life
 - Dealing with **Stresses** and **Emotions**
 - Embracing **Change**
 - Providing Group **Support**

Points to remember

- The weight didn't come on overnight so don't expect it to come off overnight.
- Approach this program as a way to change previously unwanted habits.



- Be honest about your intake and output.

Questions

